SPECIAL EARTHQUAKE EDITION

Volume 4, Number 18 October 28-November 4, 1989

UCSF Newsbreak

Remembering Those We Lost

"Everybody Brought Something Different to Our Van"

As it happens in many vanpools, the individuals in the Alameda vanpool developed a solid camraderie.

"Everybody brought something different to the group," says Child Life Services Joan Kazerounian, who had been a member of the vanpool for the last 10 months, but works a different schedule on Tuesdays and thus missed the fateful ride. "We had different jobs, different backgrounds, different personalities and represented different ethnic groups. But everyone contributed to the community we formed. Outside the vanpool we didn't spend a lot of time together, but day in and day out we convened and caught up with one another's lives."

The members of the pool included Delores Stewart from the Chancellor's Office, Anesthesia's Rae Sund, Pathology's Donna Marsden, Radiology's Lanna Lee and Golden Gate Park employee Joy Edstrom, all of whom were killed when the van was caught in the collapse of the Cypress Overpass.

Other members included Hematology's Meg Fitzpatrick, Nursing Education's Cathy Scarpa and Judy Jester from Mike Harrison's lab, all three of whom were seriously injured and are in Bay Area hospitals. (At this writing Judy is declared alert and has no life-threatening injuries, and Cathy is in stable condition. Meg remains in critical condition.)

The two who didn't ride the van that day were Joan and Nursing Administration's Cheryl Weisker, who was vacationing in Hawaii.

"On the way to work in the morning the van was usually pretty quiet," continues Joan. "Sometimes no one said a word. At least four people always had a cup of coffee. Meg was buried in her newspaper.

"But on the way home — that was a different story. By then everyone had come to life and were full of news of the day — especially Delores. She was always full of spunk. Meg would catch us up on world events. Joy would often bring flowers from the park.

"We used any excuse for a van party — people's birthdays, new jobs. We had just celebrated Donna's new promotion the night before.

"I understand that Cathy was very surprised to learn that the rest of the Bay Area wasn't as hard hit as the Nimitz. Based on what happened to them, she thought the whole world had crumbled. But that's the way it feels to me right now. People keep telling me how lucky I was to have stayed back that night. But it doesn't console the loss I feel."

Although plans for both a campuswide memorial service and memorial funds for the deceased are under discussion, details are not yet available at this writing. Watch for further notice.

Rae Beauregard-Sund

Rae Sund was one of those people everybody knew. One reason is that she worked in several departments during her eight years at UCSF: First in Physiology, then Nuclear Medicine, then as office manager in Nursing Administration and for the past two years as senior personnel analyst in Anesthesia.

Another reason for this visibility is that she was always one to take a cause by the horns. "Not just at work, but in the community," says Nursing Administration's Carol Moeglein. "For instance, she was avid about Alameda's 'slow-growth' campaign." At work, one of her causes was EMPACT!, for which she served from the beginning as both a member of the Advisory Board and a faithful volunteer.

"Rae formed a very strong presence in the department," says Anesthesia co-worker Barbara Turner. "She was an advocate for other employees. She would stand up for you if she thought the workload was too great or if you needed help. Our department is made up of several sections, so she organized weekly lunches among the supervisory staff to make things more cohesive. She was one of the most energetic people I knew. She was an avid runner. She loved to do things. She was always selling things for EMPACT! She was great."

She is survived by her husband and 15-year-old daughter.

Lanna Lee

Lanna Lee, who originally went to school here when we had a radiologic technology program, proceeded to work at UCSF 15 years as a radiologic technologist. For the past 10 she worked in ACC's Radiology Clinic, specializing in mammography.

"She was one of the best," says Denise Wagnon, assistant manager of the clinic. "She wasn't afraid of new technology. She always jumped right in, took anything new in stride."

Lanna was a widow raising three young children, ages 3, 7 and 11. Her husband died three years ago from a cerebral hemorrhage. The children currently are in the care of Lanna's sister.

An assistance fund for the children has been set up through the Department of Radiology. Call Lee Gately, x62411.

Donna Marsden

Donna Marsden had worked just two days in her new job as assistant manager of the pathology labs when the tragedy hit.

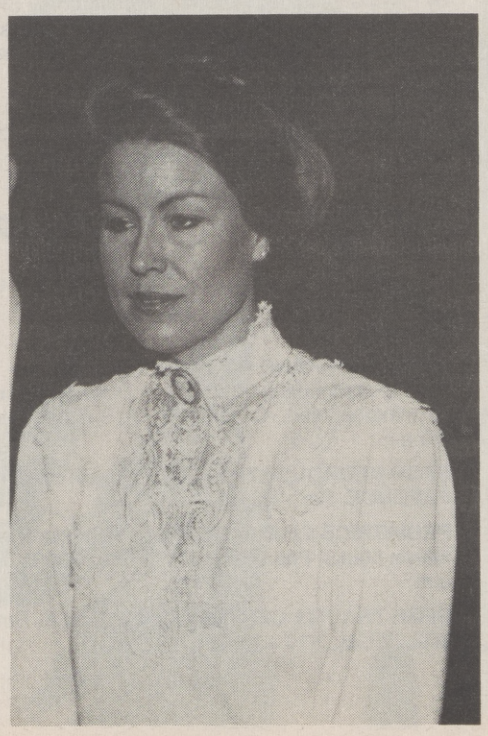
"I was just getting to know her," says manager Linda Jacobson. "But it was long enough to know she had everything going for her. She was bright, young, friendly and attractive."

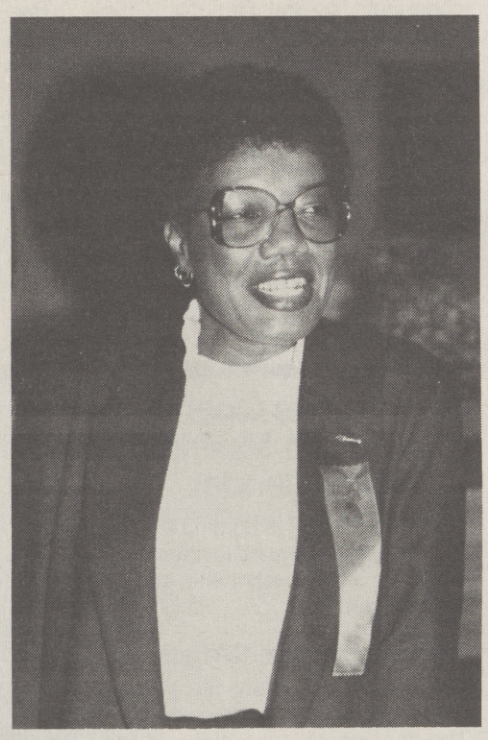
People knew her much better in the Department of Anesthesia, where Donna had worked as coordinator of house staff affairs and administrative assistant to associate professor Mark Rosen since 1987.

"When Linda called for a reference, I had to tell her that Donna was an outstanding employee," says Rosen, "'but if you take her,' I said, 'I'll hate it.' Of course, we were enormously happy for her, that she got the promotion.

"We'll miss her very much. She was very special. She loved the ironies of life. She had an enormously dry wit. Gary Larson would have loved her."

Donna is survived by her husband.





Delores Stewart

Delores Stewart, an administrative assistant in the Chancellor's Office, was a 20-year employee at UCSF.

Her colleagues in the office remember her as "spunky, friendly, fun-loving." Others on campus may remember her for her enthusiastic participation in campus events sponsored by the Chancellor's Office, such as Chauncey Leake Day and Founders Day.

Impeccably dressed and sociable, Delores loved the role of hostess. Her long tenure in the Chancellor's Office gave her many opportunities to exercise her skill in that capacity.

Her long tenure at UCSF also made her a "storehouse of information," says Bill Westbrook, who was her supervisor in the administrative records unit. "She knew things the files couldn't tell you."

Another co-worker, Robin McCartney, says in eight years of working closely together, "she never failed me."

Contributions in Delores' name may be made to the American Red Cross, attention Earthquake Disaster. Mail to "Heart of the Bay," P.O. Box 26555, S.F., CA 94126.

About This Issue

Because of events surrounding last Tuesday's earthquake, this issue of Newsbreak/Medsounds covers just one week, and includes news primarily about the quake. At the time of this writing, our typesetter and photo service was still down. But thanks to a friend with a Mac and desktop capability we managed to quickly pull together these four pages.

We will be back in full swing for our next issue, which will cover November 4-24 (three weeks). In that issue we will include pictures of UCSF's 125th anniversary. See you then.

Today/Tomorrow

28 Saturday

SURGERY GRAND ROUNDS: *Molecular Biology of Thyroid Cancer.* Quan Duh, Surg. VAMC Aud. 7-8:30 a.m.

ORTHOPEDIC SURGERY GRAND ROUNDS. Clinical Assembly, Naval Regional Medical Center, Oklnd. 3rd fl. 8-9 a.m.

ANESTHESIA MORBIDITY/MORTALITY CONFERENCE. HSW 303. 8-10 a.m.

30 Monday

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $50. To make an appointment call 990-0459 or x62193 between 9 a.m. and 3:30 p.m.

The van will be at the following location for the next week:

- Oct. 30-Nov.3: Sunset District, on Irving St. between 25th & 26th Aves.

OTOLARYNGOLOGY GRAND ROUNDS: *Conservative Laryngectomy.* Herbert H. Dedo, Oto. *Tonsillar Cancer.* David J. Quenelle, Oto. S 214. 8-10 a.m.

OVEREATERS ANONYMOUS MEETING: *The "H.O.W." Concept. A more structured approach to over-eating.* Speaker & discussion. N 417. Noon. Call Lia, x62542.*

OVEREATERS ANONYMOUS MEETING: Regular OA meeting. N 717. Noon.*

DERMATOPHARMACY SEMINAR: *Spin Label Studies of Dioxygen in the Stratum Corneum.* William Z. Plachy, Chem. & Biochem. S 940. 12:10-1 p.m.

LABORATORY MEDICINE GRAND ROUNDS: *Laboratory Medicine in Developing Countries.* Y. Doug Dolginow, Lab. Med.; Dir. Damon Labs, Mt. Zion. L 535. 4-4:50 p.m.

31 Tuesday

OPEN ENROLLMENT MEETING: Cole Hall. 8 a.m.-12:45 p.m. (See story below.)

COMBINED MODALITY BREAST CANCER CONFERENCE. Surg. Clin. Conf. Rm., 6th fl. A. 8 a.m.

ORAL & MAXILLOFACIAL SURGERY GRAND ROUNDS. Resident's Forum. C 701. 8 a.m.

LABORATORY MEDICINE TRANSFUSION RESEARCH PROGRAM: *Update on IMBC Flow Lab Activities.* Gillian Crutcher, Irwin Mem. Blood Centers. L 535. 8:30 a.m.

SFGH PEDIATRIC GRAND ROUNDS: *Recent Advances in Viral Diagnoses.* Mary York, Lab. Med. Carr Aud., SFGH. 8:30-10 a.m.

OB/GYN GRAND ROUNDS: *Use & Abuse of Bone Density Measurements.* Christopher E. Cann, Radio. S 1364. 9 a.m.

BIOCHEMISTRY & BIOPHYSICS SEMINAR: *Lambda Repressor-Operator Complex at High Resolution: Implications for Protein-DNA Recognition and Gene Regulation.* Carl Pabo, Mol. Bio. & Gen., Johns Hopkins. HSW 301. 4 p.m.

NEUROLOGY GRAND ROUNDS: *Brain Death.* Lisa Thulman, CA Transplant Donor Network. *Inflammatory Myopathies.* John Engstrom, Neuro. S 664. 5-6 p.m.

1 Wednesday

PLASTIC SURGERY GRAND ROUNDS: *Problem Cases.* James Anthony, Thomas Huntsman, Suzanne Kerley, Joseph Kiener, all Plastic Surg. Toland Hall. 7-8 a.m.

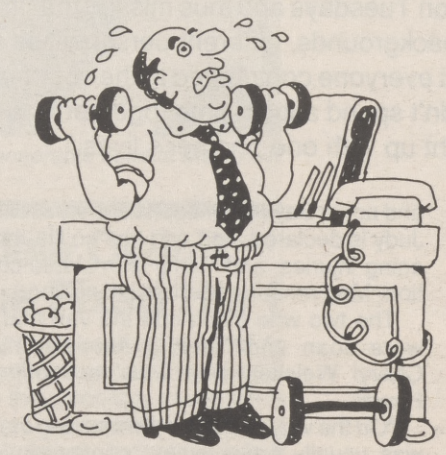
ORTHOPEDIC SURGERY STAFF CONFERENCE. Rm. 5K8, SFGH. 7:30-9 a.m.

MULTIDISCIPLINARY TUMOR BOARD: M 1296. 7:30 a.m. Call coordinator Michele Hinojosa, x61662.

ENDOCRINE GRAND ROUNDS: *Current Treatment of Postmenopausal Osteoporosis.* Charles H. Chesnut III, Med. & Radio., U Wash. M 1486. 8:30 a.m.

OPEN ENROLLMENT MEETING: Cole Hall. Noon-1:30. (See story below.)

ANATOMY SEMINAR: *Novel Topogenetic Sequences Involved in Protein Biogenesis.* Vishwanath Lingappa, Physio. & Med. HSE 1309. Noon.



BROWN BAG LECTURE SERIES: *Getting Healthy Without Getting Hurt.* James G. Garrick, Ortho. Surg., Center for Sports Med., St. Francis Mem. Hosp. HSW 300. Noon-1 p.m. Call x64394.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. C 517. Noon-1 p.m.*

PSYCHIATRY GRAND ROUNDS: *Case Presentation: A Patient with Multiple Personality Disorder.* Shane McKay & Stephen Purcell, Psychr. LLPI Aud. 1-2 p.m.

HEAD & NECK TUMOR CONFERENCE. A 723. 1-3 p.m.

VOLUNTEER ORIENTATION: To acquaint new & potential volunteers with opportunities available in the Medical Center at UCSF. L 191. 1-3 p.m. Call x61196.*

PHYSIOLOGY/PHARMACOLOGY/CELL BIOLOGY/ENDOCRINOLOGY SEMINAR: *Function of Actin Binding Proteins in Intestinal Epithelial Cell Differentiation & Morphogenesis.* Daniel Louvard, Mol. Bio., Pasteur Inst. HSW 300. 4 p.m.

CHILD NEUROLOGY CONFERENCE. M 666. 4:30 p.m.

SFGH GI/MEDICINE/SURGERY PATIENT CARE CONFERENCE. Rm. 4H2, SFGH. 4:30 p.m.

PATHOLOGY GRAND ROUNDS: *Renal Pathology I.* Claud Biava, Path. & Pharm. HSW 508. 5:30-6:30 p.m.

SAN FRANCISCO HISTORY CLASS: *SF from the 18th Century to the Present.* Free weekly classes by historian Charles Fracchia, sponsored by SF Historical Society. Through Dec. 13. Toland Hall. 7:30-9:30 p.m. Call 567-2725 for further information.*

OUTDOORS UNLIMITED SLIDE PRESENTATION: *Desert Travel.* Steve Tabor. HSW 301. 7:30 p.m.*

2 Thursday

MEDICINE GRAND ROUNDS: *The Emerging Role of Immunology & Infectious Diseases.* James Pennington, Med., Cutter Labs, UCB. Toland Hall. 8-9 a.m.

SFGH NEUROLOGY-NEUROSURGERY CONFERENCE. Rm. 4H2, SFGH. 8-9 a.m.

PEDIATRICS GRAND ROUNDS: *RSV Update.* Melvin Marks, Ped., UC Irvine. S 664. 8:30-9:30 a.m.

SFGH TRAUMA CENTER CONFERENCE. Rm. 4H2, SFGH. 9-10 a.m.

OCCUPATIONAL & ENVIRONMENTAL MEDICINE GRAND ROUNDS: *Prevention & Cost Containment Programs at Federal Express.* Harold Gardner, Med. Dir., Fed. Express Corp. M 989. 9-10 a.m.

FAMILY & COMMUNITY MEDICINE/PRIMARY CARE LECTURE SERIES: *Drug Therapy of the Older Patient.* Edmund Lonergan, Med. *Irritable Bowel Syndrome.* Michael Darby, Med. A 455. 10 a.m.-noon.

DROP-IN WRITING CLINIC: Individualized help & answers to questions about writing & publishing scientific papers. Sponsored by the UCSF Biomedical Editor's Group. N 417. Noon.

PEDIATRIC TUMOR BOARD. L 34. 11 a.m.-12:15 p.m.

ORAL BIOLOGY 220 SEMINAR: *Bacterial & Viral Pathogenesis in an Epithelial Environment.* Hallon Leffler, LPPI. S 664. Noon-1 p.m.

NEURO-ONCOLOGY TUMOR BOARD. L 34. 12:30-1:30 p.m.

CRI-HEMATOLOGY/ONCOLOGY GRAND ROUNDS. Paul Volberding, Med., Med. Onc. & AIDS Activities, SFGH. M 1296. 3 p.m.

MEDICINE/SURGERY ADULT CARDIAC CATHETERIZATION CONFERENCE. L 1361. 4-6 p.m.

ORTHOPEDIC SURGERY STAFF CONFERENCE. A 630. 4-5 p.m.

NEURORADIOLOGY GRAND ROUNDS. HSW 303. 4-5 p.m.

PATHOLOGY SEMINAR: *Biochemical & Functional Characterization of Proteins Expressed by Intracellular Form of Trypanosoma cruzi.* Norma W. Andrews, Path., NYU Med. Ctr. HSW 508. 4:30 p.m.

PRIMARY CARE GROUND ROUNDS: *How to Keep Asthmatics Out of the Hospital.* Steven Lazarus, Med., CVRI. A 455. 4:30 p.m.

RADIATION ONCOLOGY GRAND ROUNDS: L 34. 5 p.m.

RADIOLOGY GRAND ROUNDS: *Advanced MR Imaging with Special Purpose Surface Coils.* J. Bruce Kneeland, Radio., U Wisc. HSW 303. 5:15-6:15 p.m.

NEUROSURGERY GRAND ROUNDS. HSW 30[illegible] 5:15-6:30 p.m.

COLE HALL CINEMA: *Do the Right Thing.* Children under 14 $2; UCSF employees (today only), students, seniors & MU members $2.50; general $3. Cole Hall. 5:45 & 8:15 p.m.*

ALCOHOLICS ANONYMOUS MEETING: All are invited. LPPI A222. 6 p.m.*

3 Friday

SFGH MAXILLOFACIAL TRAUMA CONFERENCE. Rm. 4H4, SFGH. 7-7:30 a.m.

CENTER FOR CRANIOFACIAL ANOMALIES PANEL. Toland Hall. 9 a.m.-noon.

HEALING YOUR FINANCES: *Creative Prosperity.* Sausalito psychotherapist Ruth Ross. A series of seminars sponsored by Paths of Healing & Wholeness. Toland Hall. Noon-1 p.m.

REPRODUCTIVE BIOLOGY SEMINAR: *Reproductive Neuropeptides: Why Y?* Harold G. Spies, Oregon Regional Primate Center. M 1486. Noon.

ALCOHOLICS ANONYMOUS MEETING: All are invited. HSE 336. Noon-1 p.m.*

COLE HALL CINEMA: *Do the Right Thing.* Children under 14 $2; students, seniors & MU members $2.50; general $3. Cole Hall. 6:30 & 9 p.m.*

Open Enrollment Begins November 1

Open Enrollment provides several opportunities this year:

Eligible employees may make changes in their medical, dental, optical, legal and MedPlus and Depcare enrollment status.

Eligible employees who "opted out" of coverage for 1989 have the opportunity to opt back in for coverage for 1990.

Employees may add eligible dependents to their medical, dental, optical and legal plans.

The University defines "eligible dependents" as a legal spouse, and children who are single and younger than age 23. There is no requirement that the child be attending school. Although the other plans have been available in earlier years, this is the first time the legal plan is being offered during Open Enrollment. In the medical arena, an additional health maintenance organization, "TakeCare," is available to UCSF employees. (You can meet in person with the various carriers. See meeting schedule on this page.)

Open Enrollment runs from Wednesday, November 1, through Thursday, November 30. Forms must be completed and received in Campus Accounting, Box 0812, or Campus Benefits, Box 0918, no later than 5 p.m. on November 30.

Open Enrollment changes are effective January 1, 1990, unless the employee or dependent is ill on that date. In that case, changes in health insurance enrollment are delayed beyond January 1. If you have questions regarding the delayed effective date, contact your department benefits rep or the Benefits Office.

For detailed information on this year's options, see the Open Enrollment mailings. The mailing from the Office of the President — which you'll be getting any day now in your home mail if you haven't already — includes a "Personal Benefits Statement" which lists your current benefits status, including all your enrollments and accumulations.

Another mailing is prepared by our UCSF Benefits Office and is mailed to your campus address.

Additionally, several meetings covering all the Open Enrollment opportunities are conducted by the Benefits Office. (See adjacent schedule). Also, representatives from each medical and dental plan will be available to provide information and answer questions on an individual basis. This will take place on the Parnassus campus on Tuesday, October 31 — see schedule. (A similar meeting took place at CED October 23.)

Finally, in the next issue of *Newsbreak/Medsounds* (November 4), we'll provide further information on the options.

Mark These Open Enrollment Meeting Dates in Your Calendar

Open Enrollment is coming up November 1 through 30, so be sure to attend one of these meetings if you want the scoop on your benefits options:

Health/Dental Plan Carriers

On Tuesday, October 31, you can talk to representatives from the individual plans. The session will take place in Cole Hall, 8 a.m. to 12:45 p.m., including group presentations between 11:15 a.m. and 12:45 p.m.

Open Enrollment General Information Meetings

- Wednesday, November 1: Cole Hall, noon to 1:30 p.m.
- Wednesday, November 8: CED Hartsook Room, noon to 1:30 p.m.
- Thursday, November 9: Oyster Point, two morning sessions, times to be announced.
- Monday, November 13: SFGH Pathology Auditorium, noon to 1:30 p.m.
- Tuesday, November 14: HSW 302, noon to 1:30 p.m.
- Wednesday, November 15: VAMC, Building 203, 2-A-47, noon to 1:30 p.m.
- Thursday, November 16: HSW 301, 5:15 to 6:30 p.m.
- Tuesday, November 21: HSW 302, noon to 1:30 p.m.

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DEVELOPMENT & TRAINING

For further information call x64032.

Performance Evaluation Workshop. Tues. Oct. 31. 8:30 a.m.-4:30 p.m. $10.

Supervising in the Workplace: Administering Consistent & Appropriate Discipline. Tues., Oct. 31. 8:30 a.m.-noon. $10.

CONTINUING EDUCATION

MEDICINE
For program information call x64251, registration x65208 unless otherwise noted.

Topics in Emergency Medicine. Holiday Inn Union Square, SF. Oct. 30-Nov. 4.

Current Topics in Occupational Medicine. Cathedral Hill Hotel, SF. Oct. 30-Nov. 3.

Otology Update. Stanford Court Hotel, SF. Nov. 5.

Group Therapy Symposium. Sir Francis Drake Hotel, SF. Nov. 10-12.

Spirometry Course: Pulmonary Function Testing in Occupational Settings. Holiday Inn, Emeryville. Nov. 16-17. Call 642-5507.

Stabilization & Management of the Critically Ill Child. Hotel Bedford, SF. Dec. 9-10.

Clinical Care of the AIDS Patient. Hyatt Regency Hotel, SF. Dec. 11-12.

Update: Pediatric Ophthalmology. Hyatt Regency, SF. Dec. 14-15.

DENTISTRY
For further information call x61101.

Solutions to Complex Restorative Problems Using Fixed & Osseointegrated Implants. C 701. Oct. 28.

Update in Periodontics: Integrated Periodontics into Your Practice. C 701. Nov. 11.

Integrating Fixed with Removable Prosthodontics. C 701. Dec. 9.

The Role of Dental Assistants & Dental Hygienists in the Management of TMJ Disorders. C 701. Dec. 2.

Endodontics: The True Story. Stockton Hilton. Dec. 7.

AIDS/ARC/HIV+ SUPPORT

Anonymous & confidential caring, support & training for people with AIDS or ARC, those who have tested HIV positive and others affected by the epidemic. Sponsored by UCSF AIDS Health Project. Call x66430.*

Individual Risk Assessment & Referrals. By appointment.

Facilitated 8-week Groups. For anyone affected, at risk or infected.

Drop-in Group for the Recently Tested.

Weekly Support Group for UCSF Employees. Tuesdays at noon. Call facilitators Marty Kortebein or Bruce Flynn, x62621.

Positives Being Positive. Support groups in the community meet regularly. Call x63902.

Caregiver Training. Caring & self-caring skills for professionals & volunteers. Call x66430 for information.

Living with HIV. Public forums every other month.

WOMEN'S RESOURCES

Sponsored by UCSF Women's Resource Center unless otherwise noted. Call x65836.

GROUPS
Ongoing noontime drop-in groups for women working or studying at UCSF.

Women of Size Support Group. N 527. Mon., Oct. 30; Nov. 13 & 27.

Such a Group! Jewish Women's Discussion Group. 1308 3rd Ave. Fourth Tues. of every month.

Lesbian Lunch Group. C 213. First & third Mon. of each month.

Latin Women Coalition. N 527. Last Wed. of each month.

Circle of Sisters. Black women's group. C 213. Every Fri.

Not So Gay Divorcees: Support Group for Divorced & Separated Women. Tues., Oct. 31, Nov. 14 & 28.

RAPE PREVENTION

Classes, workshops & support groups sponsored by UCSF Rape Prevention Program. Call x65222 for information & registration.

Personal Safety, Rape & Assault Prevention Presentations. By appointment to campus departments & employees in the workplace.

Support Group for Sexual Assault Survivors. Five consecutive weekly sessions, 5-6:30 p.m. on a day to be arranged. $5-$40 sliding scale.

CRIME PREVENTION

Presented by UCSF Police Department Crime Prevention Program. Call x65683 for information & reservations.

Crime Prevention Presentations. By appointment to campus departments & employees in the workplace.

Tear Gas Classes. Department of Justice certified. Personnel Conference Rm., 1350-7th Ave. Sat., Oct. 28 & Dec. 9, 9 a.m.-noon. Wed., Nov. 15, 6-9 p.m. $12. Pre-registration required.*

CPR TRAINING

Basic CPR. A 3-4 hour course in basic cardiopulmonary resuscitation sponsored by the UCSF CPR Center. N 229. 9 a.m. Nov. 18, Dec. 1, 9 & 19. For information & registration call x61817.*

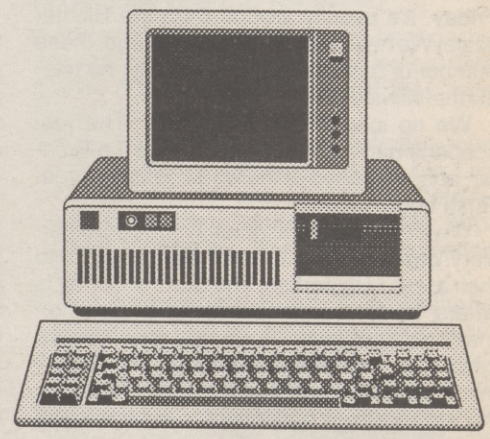
CPR Road Show. Traveling CPR instruction by volunteer instructors sponsored by the UCSF Center for Pre-Hospital Research & Training. For more information call Denise, x65802.*

125TH EVENT: SALVATORE'S STORY ON KQED-TV OCT 28

The Complete Physician. The story of Salvatore Pablo Lucia, UCSF pioneer in preventive medicine & hematology. Sat., Oct. 28, 2 p.m.

MELVYL/MEDLINE

MELVYL/MEDLINE is now available, at no cost, to UCSF faculty, students & staff from any location, including offices, labs & hospitals, that will connect with campus Ethernet or a terminal with modem, as well as from the library terminals. UCSF Library offers frequent seminars on MELVYL/MEDLINE searching techniques, as well as written guides & personal assistance. For further information call the Reference Desk, x62337.



HELP ELIMINATE SCHEDULING CONFLICTS

In order to help the campus avoid conflicts in scheduling important events, the News & Public Information Services Department has a computerized calendar. It is suggested that faculty, students and staff call x61541 when they are planning an event to make sure nothing has been scheduled for that date. Please note that in order to reserve campus conference rooms and auditoriums, it is still necessary to call Millberry Union at x62571, Room Reservations at x64436, Faculty/Alumni House at x64723, Laurel Heights at x68100 or the individual school or department.

***Open to the public.**

Something New This Year: United Way Agency "Fairs" on Four Dates

The Medical Center United Way Committee has something new planned for this year: On each of four dates — November 6, 9, 13 and 16 — you're invited to attend the "United Way Country Fair" in the Medical Sciences lobby 10 a.m. to 2 p.m.

Many things will be happening. On the first date — Monday, November 6 — the fair will serve as the pick-up point for Med Center donor reps to get all their material. Also on November 6, and on the subsequent dates as well, the committee has invited a variety of United Way agencies to be present. This will give you some concrete examples of agencies that benefit from United Way funds.

Each fair also will feature a mini-raffle. (The big drawing for all the raffle prizes piling up will come at the end of the campaign, but some of the prizes will be issued in advance. In other words, if you're planning to make a donation, no sense waiting until the last minute.)

As to how anything held in the Medical Sciences lobby could possibly be called a "country fair" we'll discuss in the next issue of *Medsounds.* We'll also run a complete list of all the above-mentioned prizes, which, of course, all Medical Center employees who make a donation during the campaign will have a crack at winning.

Sign Up Now for "Careers in Health"

If someone you know is trying to find a career — or looking for a new career — how about pointing him or her in the direction of the Medical Center's "Careers in Health" on Wednesday, November 15, from 4:30 to 7:30 p.m. in the Millberry Union gym. The event is free, but reservations are requested. Call Sandy at x62252.

This year's program is geared toward both high school and college students — with special encouragement to re-entry college students. Teachers, parents, counselors and any other interested parties also are welcomed.

Many areas of health care will be represented. Participants can visit the booths of their choice, talk with specialists in the various fields, arrange for a tour of any of the departments represented, have a snack, enter the drawing and maybe even win a prize.

You Need a New Coat

Buy a new coat at wholesale prices at the Auxiliary's two-day "Outer Wear" sale in the Medical Sciences lobby, Monday and Tuesday, October 30 and 31, 8 a.m. to 5 p.m. each day. You can save 20% to 60% on coats, sweaters, jackets, raincoats and leather goods. And for each thing you purchase, the Auxiliary gets a 15% cut. (They'll take credit cards.)

On the same days and location as the above, you can also purchase Halloween gifts from Top Hat Produce. They provide theme containers and a variety of stuffers — you choose what you want to put inside.

P.S. Don't forget the benefit art sale on Wednesday, November 15. The Auxiliary is still taking donations — paintings, drawings, sculptures, photography, etc. Please call x64906 if you have something to donate.

Leather & Eel Skin

Leather and eel skin briefcases, purses, wallets and other accessories will be featured at up to 75% off retail prices in a one-day sale sponsored by the Beartique on Thursday, November 2, from 8 a.m. to 5 p.m. in the Medical Sciences lobby. Free lottery tickets for the first 20 customers. Visa, MasterCard, post-dated checks with ID accepted.

UCSF *Newsbreak*

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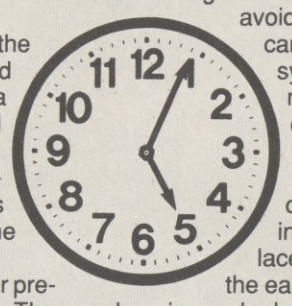
Newsbreak Continued

Campus Makes it Through the Night

When the clock struck 5:04 p.m. on Tuesday, October 17, so did the earthquake. For some it was devastating, horrifying. For most it was terrifying.



There was no doubt in any of the minds of the Medical Center and campus administrators that a Disaster Control Center would have to be set up immediately. Not knowing the extent ot damage or injuries, our campus wanted to be prepared for the worst. And we were.

All the years of having disaster preparedness meetings paid off. The mock scenarios had been played over and over again for years: The earthquake happens at 10 a.m. on a Wednesday, or 4 p.m. on a Friday. It's usually around 8 on the Richter scale. We have this amount of damage, these number of casualities, no electricity, no telephone service. We're cut off.

We no longer had to imagine. The real scenario had arrived: It was a 7 on the Richter, and happened at the worst possible time: Rush hour.

We set up our Disaster Control Center. Very capable people just naturally fell into their areas of expertise. The Control Center is where the real nuts and bolts of decision making takes place: Do we stay open? Do we close? Do we need to evacuate any areas? What is the damage to our campus? What is the status of our patients? Do we have any deaths? Injuries? Can we accept more patients? Where do we go from here?

We had no idea of the extent of injuries that might be coming our way and we wanted to avoid clogging up our regular patient care services, so we set up a triage system in the Emergency Department. This is where nurses and doctors quickly determine a patients condition and send them to the most appropriate patient care area, for example, the holding area, where minor cuts and lacerations were handled. During the earthquake we saw 45 quake injuries and admitted 7 of them.

It became very clear, very early on that the compassion and willingness to help out would make UCSF's "disaster night" an easier one.

Hundreds of people pitched in. Students from all over the campus, people off the street, laboratory employees, doctors, nurses, pharmacists, typists, laundry workers. They were all there. Job descriptions were thrown out the window as people helped out wherever they were needed.

There are tons of unsung heroes and heroines, far too many to mention here. People heading home over the Golden Gate only to turn around to come back to campus. Nurses and doctors by the droves returning to the Medical Center. Concerned people spending up to 10 hours to make their way from the East Bay to get back to campus. People helping out until 3 a.m., then, exhausted, pulling up a chair or available bed for a few hours, only to get up and prepare for another full day—whatever that might entail.

Stories about caring social workers comforting those injured and their relatives, nurses working extra 12-hour shifts to be with their patients, carpenters and laborers working throughout the night to prepare damage that if left unattended could have meant further disaster.

Our patients generally felt at ease, so much so that many of them asked for their 8 p.m. snack!

We have tremendous resources here at UCSF. Mostly natural. Mostly people. Mostly people who really come through when it counts the most.

What Kind of Damage Did We Have?

Following a violent shaking by the 6.9 quake, our campus buildings were found to be safe and structurally sound. Even though a few small cracks were found in some buildings, they all came through the quake "just fine," including our new Fitness Center in Millberry Union and the library now under construction. A few ceiling tiles fell in our hospital buildings, windows cracked and fell out of Medical Sciences and HSW, but there were no injuries.

Within moments of the quake, our Physical Plant people went building by building, floor by floor to make sure we could re-enter safely. Then we asked outside structural engineers to come through to further check for any hidden damage.

The larger cracks many people noticed between the buildings—mainly between Medical Sciences and Clinical Sciences and between Moffitt and Long Hospitals—were not signs of structural damage, but instead showed that our one-foot expansion joints between every one of our buildings worked just the way they were supposed to. They allowed the buildings to sway in the quake without damaging one another. In some corridors the plates and plaster covering the joints popped off. Plywood ramps have been set over any holes to allow safe and easy passage between these buildings.

Damage to laboratories was surprisingly small. With the exception of the CVRI on the 13th floor of Moffitt, few labs had spills or test tubes hitting the floor. Our Environmental Health & Safety Department worked round-the-clock immediately following the quake with specific people assigned to individual floors to make sure any hazardous spills were handled right away. They then roamed the halls for several days following to help provide further assistance and needed clean-up materials.

In terms of water, gas and electricity: Our water remained intact throughout the quake, with a few minor breaks in the lines. We had no broken gas mains. While our electricity went out as the quake struck, the emergency generators for all the patient care areas kicked in immediately. Power to the rest of the campus was restored within several hours thanks to the gallant efforts of the Physical Plant Department.

How to Help

Many people have been asking how they can help the city recover from the earthquake.

The campus itself is rallying to help by donating supplies. Also, the hospital pharmacy is discussing the possibility of providing services to the Red Cross for filling presciptions for the elderly in the Marina District.

Those wishing to make individual efforts can do so as follows:

AMERICAN RED CROSS: 776-1500

Cash Donations: Red Cross
Address envelope to:
Heart of the Bay
PO Box 2655
San Francisco, CA 94126

Checks payable to:
American Red Cross
or
Red Cross-Disaster Relief
PO Box 37243
Washington, DC 20013
Specify: California Earthquake

By Credit Card: Call 1-800-453-9000
VISA, Mastercard,
American Express accepted

SALVATION ARMY:

Cash Donations: Salvation Army
Earthquake Fund
PO Box 193465
San Francisco, CA
94119-3465

Other Donations: Drop off canned goods, fresh fruit, vegetables, blankets, water, flashlights and batteries at 850 Harrison Street, between 4th and 5th Sts.

Volunteers: 553-3500
Register at 850 Harrison Street, between 4th and 5th Sts. No special skills necessary.

PROJECT OPEN HAND:

(Meal preparation and delivery for earthquake victims and housebound medical patients. Provides meals to the Salvation Army and American Red Cross, and are delivering food as far as Oakland.)

Cash Donations: Project Open Hand
2720 - 17th Street
San Francisco, CA 94110

Other Donations: Drop off food, produce, beverages at 2720 - 17th Street at Bryant.

Volunteers: Volunteers needed for all facets, including food preparation, delivery. Call 558-0600.

DISASTER CENTER:

Pillows, blankets and sheets needed at Marina Middle School at Fillmore and Chestnut Streets.

Additional Shuttle for East Bay Commuters

With the Bay Bridge out of commission for several weeks we can expect many more employees to come into the city on BART, so the Transportation Office is arranging shuttles to and from BART until the bridge reopens. This is in addition to the regular city bus and metro service to and from downtown.

Transportation Services Manager Jim Wood encourages commuters to utilize public transportation in general, but especially during this difficult period.

The shuttles (marked UC Berkeley) will make trips to and from the Civic Center BART Station every half hour, departing from the MUNI bus stop on 8th Street, Southwest corner (in front of Coast Savings), and stopping on Parnassus outside LPPI (401 Parnassus). The schedule at the moment is as follows, though it may be revised later:

- Leaving Civic Center every half hour during these times:
  - 6:15-8:45 a.m.
  - 9:30-11:00 a.m.
  - 3:30-7:00 p.m.
  - 7:20-8:20 p.m.
- Departing UCSF (LPPI) every half hour during these times:
  - 6:00-8:30 a.m.
  - 9:15-10:45 a.m.
  - 3:15-6:45 p.m.
  - 7:10-8:30 p.m.

The BART shuttle is possible because the UC Berkeley shuttle has been suspended until the Bay Bridge is open, freeing up an additional van. For more information call Transportation Services at x61511.

Help for Anxieties

The Faculty Staff and Student Assistance Program (FSSAP) has increased its counseling staff to provide support for those who have ongoing fears and anxieties as a result of the quake and/or those dealing with grief and loss of a friend or relative. Support groups and individual counseling are available. Call x68279.

ECMO Baby Survives the Quake

There were a lot of amazing stories here on campus that came out of the earthquake experience, but among them is a particularly dramatic episode. Up in the intensive care nursery on the 15th floor of Moffitt Hospital, ECMO treatment had just been started on a dying infant when the building started to rock.

If you remember from a couple of *Medsounds* ago, ECMO is a treatment used for infants with an 80% or more chance of dying due to serious lung problems. During the ECMO process, the baby's blood is circulated outside the body through a machine that adds oxygen and removes carbon dioxide, similar to what the lungs do. Thus, the load is taken off the lungs while they heal.

"The catheters had been inserted just an hour before," says ECMO coordinator Barb Bratton. "When the earthquake started, everything was shaking so violently it was hard to stand up. The nurses and doctors attending the baby were afraid the movement would jerk the catheters or upset the equipment, so they braced themselves the best they could and hand-held the baby's lifelines in place."

A week later: ECMO baby Alexandra Marini with one of her nurses in the ICN, Claire Cuenca-Carroll

She describes the scene as very frightening — the beds rolled away from the walls and the equipment was jostled — but amazingly enough, all the babies came through just fine, including the ECMO baby. The staff, she says, "literally held things together."

Easing the "Nightmare Commute": Alternative Work Schedules

Since UCSF has a high volume of commuters, departments have been asked to consider some flexible scheduling ideas until the commute returns to normal. If you're caught in the commuter crunch, your department may be able to arrange one or more of the following:

- **Flex-time:** A pre-arranged work schedule anabling you to commute before or after the peak hours of your particular cummute.
- **Vacation/Comp time off:** If workload permits, shorten the work week by taking eight or more vacation or comp hours off. Or, if a flex-time schedule is not feasible, vacation or comp time off in increments at either or both ends of work day.
- **Four-day work week:** Change five eight-hour days to four ten-hour days. Also, allow part-time employees to work longer days up to 10 hours per day, if this schedule would shorten the number of days worked during the week.
- **Telecommuting:** Work at home one or two days a week, if feasible.
- **Weekend scheduling:** On a volunteer basis, for those who normally work Monday through Friday, substitute Saturday and/or Sunday as work days. In this case, the official work week would begin on Sunday and end on the following Saturday, even if one of those days is a day off.

The campus is willing to make policy exceptions to make these options available. Department heads have been asked to weigh the value of flexible work schedules against departmental operating needs. If there are questions regarding the implementation of any of the options, please call Labor Relations at x63095 for employees covered by union contracts or x62789 for all other employees.

Pay Status Following the Earthquake

According to Vice Chancellor Thena Trygstad, campus policy for employee pay status for October 18 and October 19 is as follows:

Wednesday, October 18: Paid day for all UCSF employees. In addition to being paid, those employees who reported to work will receive comp time or alternate time off equivalent to the hours they worked. Medical Center employees who did not report to work should record the time as other paid absence.

Thursday, October 19: Campus returned to business as usual status. All employees were expected to report for their normal work schedule. Employees who did not come to work will be charged personal time off — that is, vacation, comp time, sick leave (if applicable) or leave without pay.

Earthquake Loans

If you participate in the 403(b) Plan — the University's voluntary tax-deferred savings plan — you may be eligible to borrow from your account. The loan program officers have advised our Benefits Office that they will expedite applications for eligible participants who need funds as result of the earthquake. Call the Benefits Office, x61400, for further information.